CANCER, CYSTS AND TEMPERAMENT SURVEY

TIB-E AHLEBAIT A.S

AUTRHOR: SYED MUSTAFA KAZMI

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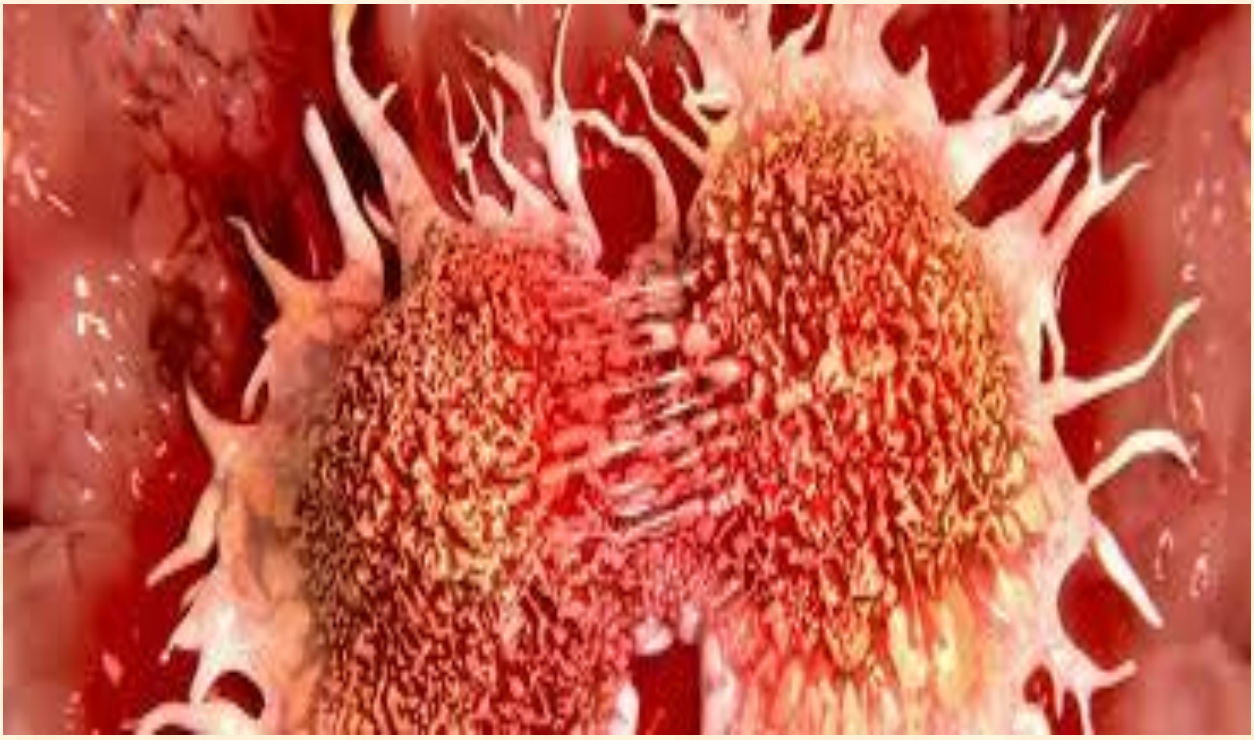

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DEDICATION

We are thankful to Allah Almighty that he has given us the opportunity to share Tib e Ahlebait with Momineen and Mominat and with the whole world. We are gifting this struggle to the mother of Imam Hassan a.s and Imam Hussain a.s the beloved daughter of prophet Muhammad P.B.U.H and wife of Imam Ali a.s Hazrat Fatima s.a and Imam Mehdi a.s. May Allah give us more tofiq to spread Tib e Ahlebait everywhere to fulfil our promise with Imam Mehdi a.s. May Allah accept this struggle, Ameen. We request to all Momineen and Mominat to pray for us that Allah help us in this way to bring a revolution in the world by Tib e Ahlebait. Ameen

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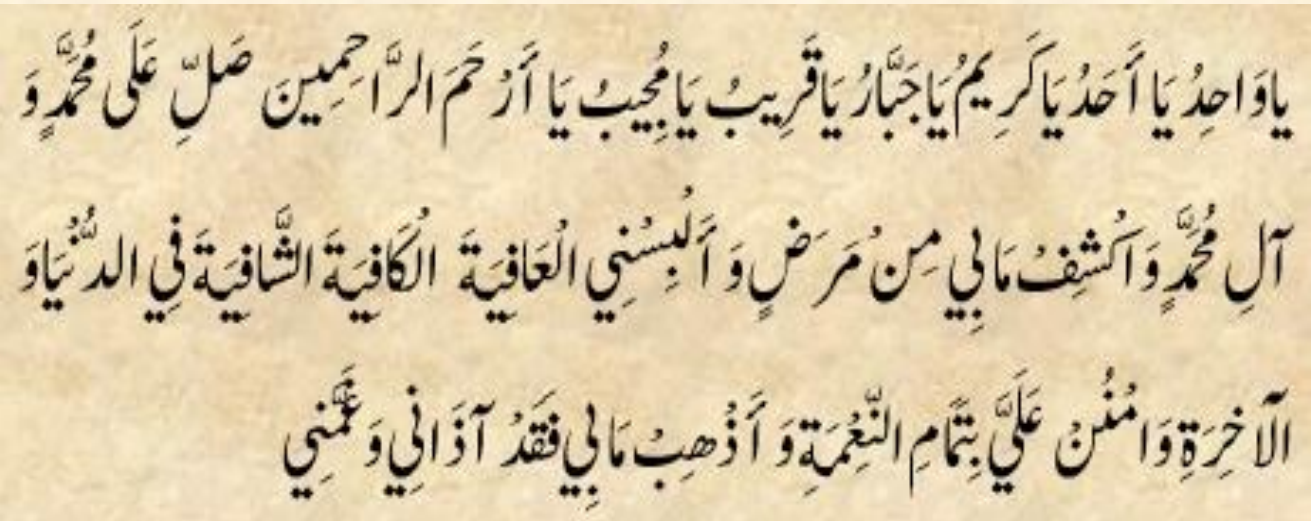
TREATMENT OF TUMOR AND CANCER

Imam Ja'far e Sadiq a.s suggested some steps to cure cancer:

1. Fast for three days
2. At fourth day take bath at zuhr time
3. Keep a side a big, old and priceless fabric
4. Offer four rik'at prayers (2 by 2) with submission and subjection
5. Than recite Quran as much as you can
6. Then undress your self
7. And cover yourself with that old fabric
8. And go to sajdah and put right cheek on the surface
9. And recite this Dua



Then Imam a.s said: if anyone has doubt in this then he will not get cure and benefit of this.

(Mustadrak ul Wasail 6 pg 393)

Treatment of cancer

1. Recitation of surah al Fatiha 70 times daily
2. Eat apple seeds
3. Pour marjoram into nose
4. Senna tea
5. Daroo e Turaifel
6. Sesame oil+ violet
7. Daroo e Hazrat Muhammad s.a.w.w
8. Daroo e Safa
9. Daroo e Shafia
10. Sikanjbin

Cure with royal jelly

It is beneficial to cure cancer, sexual weakness and infertility.

Take 30 grams of royal jelly and mix it with ½ kg wild honey and have it daily at morning and evening about 1tsp with 7 black seeds.

Senna and rose petals

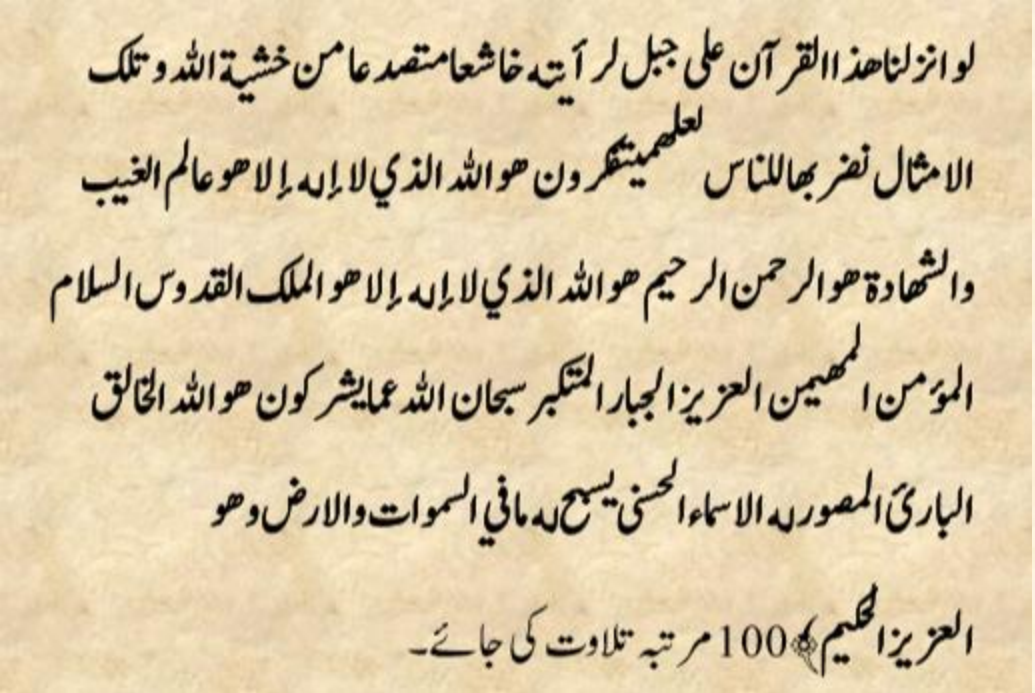
It is beneficial for all types of disease. It cures diarrhea and brings it as well. It is cure of fatty liver and many more diseases.

Take some Senna leaves with 2 tbsp of rose petals and boil them at low flame and have it at night once in three nights. (Women should avoid it during pregnancy)

Swelling in case of cancer

Take 30 grams of royal jelly and half kg of honey and have it with seven black seeds. And utilize apple seeds as well.

Imam Ja'far e sadiq a.s always recited the last 4 verses of Surat ul Hashr for swelling after prayers. And it should be recited 100 times.


لو انزلنا هذا القرآن على جبل لرأيته خاشعا متصدعا من خشية الله وتلك
الامثال نضربها للناس لعلهم يتفكرون هو الله الذي لا إله إلا هو عالم الغيب
والشهادة هو الرحمن الرحيم هو الله الذي لا إله إلا هو الملك القدوس السلام
المؤمن المهيمن العزيز الجبار المتكبر سبحان الله عما يشركون هو الله الخالق
البارئ المصور له الاسماء الحسنى يسبح له ما في السموات والارض وهو
العزيز الحكيم ﴿100 مرتبہ تلاوت کی جائے۔

(Tib ul Aimma a.s pg 110)

Prophet P.B.U.H said:

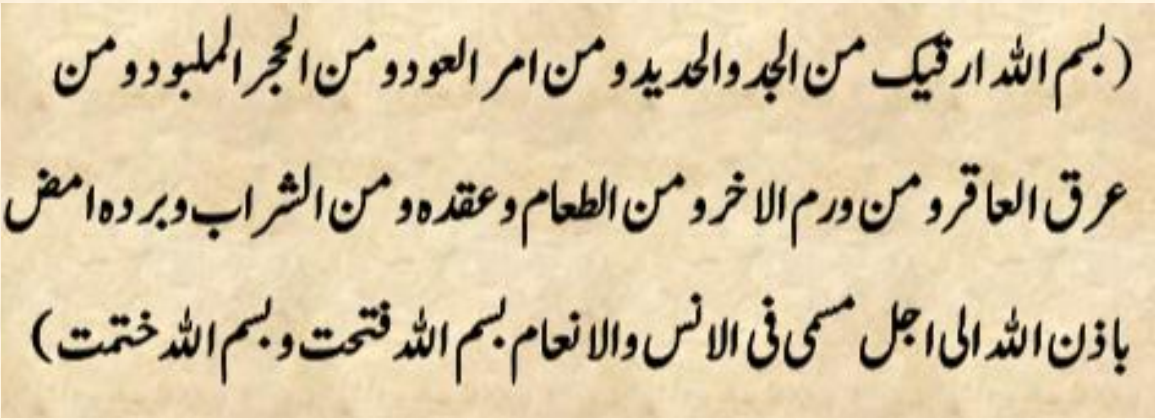
The Safa is the medicine for all types of disease and swelling.

(Bihar ul Anwar vol 66 pg 244)

Joints swelling and cancer's cure:

Imam Baqir a.s said to Jabir:

Oh Jabir! Recite 3times last verses of Surat ul hashr for any kind of swelling and rotate any knife on that area and at mean while recite this Dua


(بسم اللہ ارقیک من الجد والحدید و من امر العود و من الحجر الملبود و من
عرق العاقر و من ورم الاخرو من الطعام و عقدہ و من الشراب و بردہ امض
باذن اللہ الی اجل مسمی فی الانس والانعام بسم اللہ فتحت و بسم اللہ ختمت)

Then burry that knife.

(Tib ul Aimma pg 59)

Anti-cancer food items:

1. Grapes
2. Lemon
3. Ginger
4. Honey
5. Red Roses
6. Carom seeds
7. Lamb's meat
8. Walnuts
9. Hazelnuts
10. Chives
11. Purslane
12. Basil
13. Mustard

14. Orris
15. Carrots
16. Jaggery
17. Quince
18. Turnips
19. Dried mulberry
20. Raisins
21. Spinach
22. Figs
23. Onions
24. Garlic
25. Pomegranate
26. Lemon grass
27. Olive oil (do not overcook)
28. Fenugreek
29. Broccoli
30. Black seeds

Things which intensifies and causes cancer:

1. Black tea
2. Cigarette
3. White sugar
4. Plastic utensils
5. Mineral water (chlorine)

6. Tooth paste (fluoride)
7. Depression
8. Negative thoughts
9. Sleeping pills
10. Broiler chicken
11. Sinful relations (Na mahram)
12. Alcoholic drinks and other addictive things
13. Medicines

(artificial sweeteners which contains chlorine and chloride can cause cancer)

Larynx Cancer

It is the part of the throat which helps in breathing and is present at the right of respiratory tract.

Symptoms of larynx Cancer:

1. Change in voice
2. Difficulty and pain in swallowing
3. Neck cyst and swelling
4. Long-lasting coughs

5. Constant throat and ear pain
6. Breathing problems
7. Throat scratches and cough

Esophageal Cancer

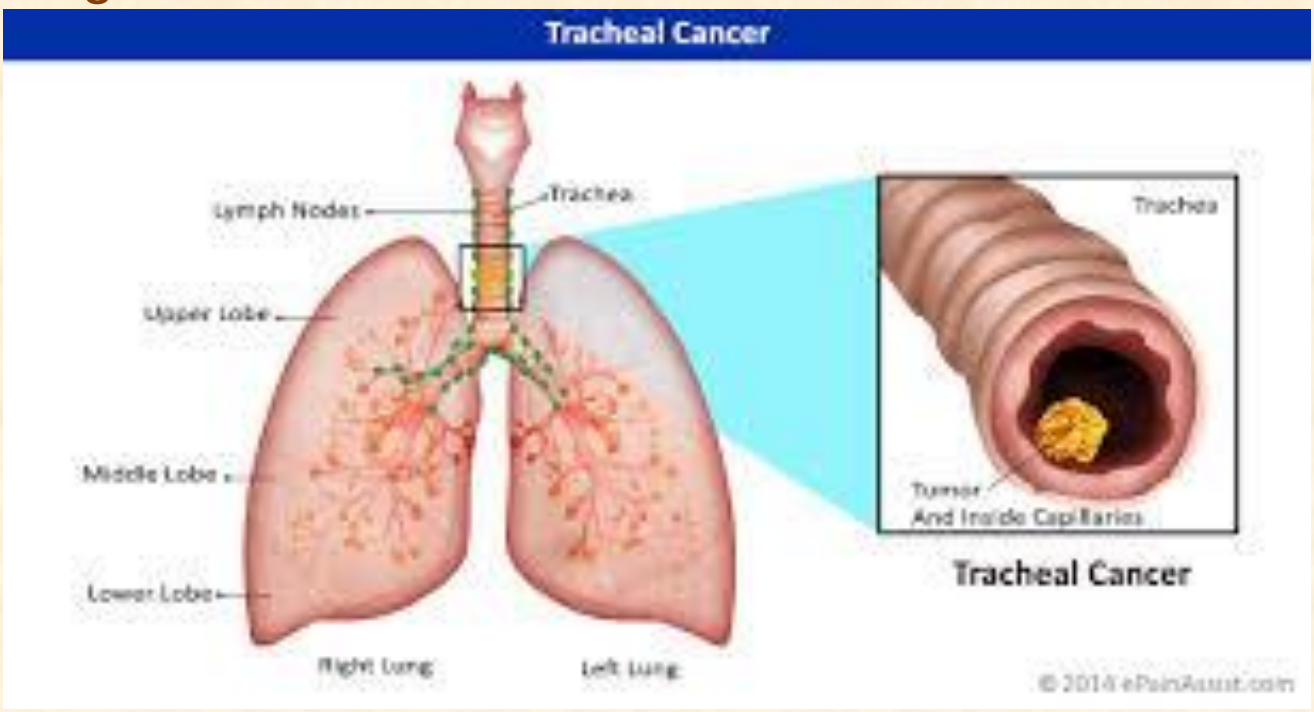
Esophagus is starts from mouth and ends at the stomach. It is the upper part of the food pipe. It has tube like structure which transfers food and water to the stomach.

Symptoms of Esophagus Cancer:

1. Chest pressure and burning
2. Indigestion and burning
3. Vomiting
4. Abnormal weight loss
5. Cough
6. Breathing problem while eating
7. Ribs pain and throat pain

Tracheal Cancer

Trachea is the tract which sends air to the lungs.



Symptoms of the Trachea Cancer:

1. Shortness of breath
2. Cough
3. Bloody cough
4. Rhonchi sounds while breathing
5. Difficulty in eating and chewing
6. Cold, fever and chest infection

Medicines of Tib e Ahlebait a.s for above three cancers:

1. Daroo e Safa
2. Daroo e Shafia
3. Senna
4. Turaifel
5. Marjoram water + bamboo Manna
6. Dua e waram
7. Dapple peas tea
8. Jame' + honey
9. Daroo e Kasham
10. Daroo e Imam Kazim a.s
11. Daroo e Hazrat e Muhammad s.a.w.w
12. 30 grams' Royal jelly + ½ kg honey +7 black seeds daily before breakfast
13. Luke warm cow's milk at night
14. Apple seeds
15. Black peas soup

Colorectal/Colon Cancer

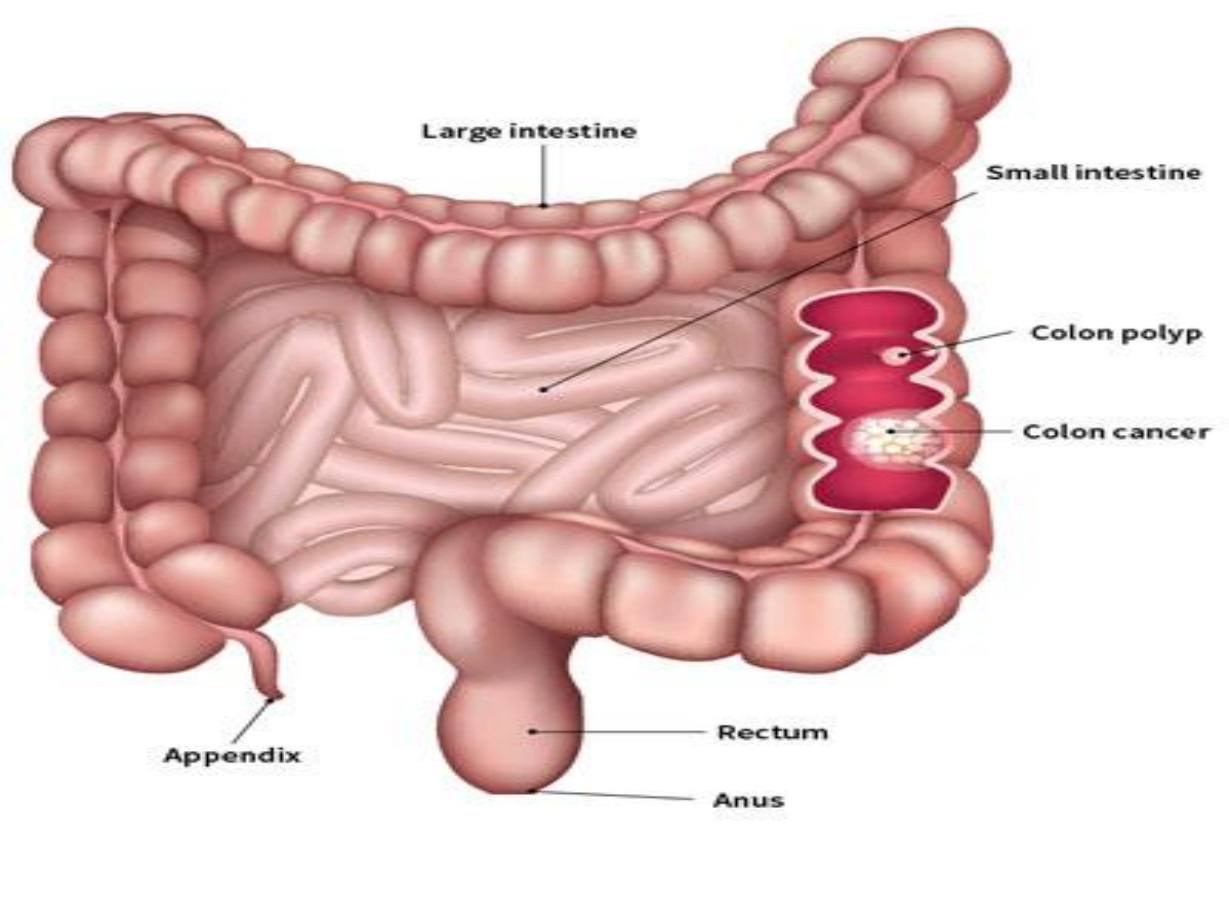
Colon cancer is a type of cancer that begins in the large intestine (colon). The colon is the final part of the digestive tract. Colon cancer typically affects older adults, though it can happen at any age.

It has two kinds

1. Colon Cancer
2. Rectal Cancer
3. Anal Cancer

First type is most common.

When cell can begin to multiply in an uncontrolled manner in the colon, a tumor (essentially a mass of abnormal cells) can develop.



Symptoms of colon Cancer:

1. A persistent change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool
2. Rectal bleeding or blood in your stool
3. Persistent abdominal discomfort, such as cramps, gas or pain
4. A feeling that your bowel doesn't empty completely
5. Weakness or fatigue
6. Unexplained weight loss

Treatment in Tib:

1. Safa
2. Turaifel
3. Senna
4. Daroo e Zaheer
5. Injection of Jame' + honey into colon
6. Dua e Waram
7. Murakkabe 2
8. Figs
9. Chicory

10. Maqal arzuq (in case of bleeding)

Blood Cancer

Cure:

1. Lamb's meat cooked in cow's fat
2. Grilled lamb's meat
3. Pomegranate
4. Pomegranate seeds
5. Plums
6. Barberries

Medicines in Tib e Ahlebait;

1. Maqal arzuq
2. Daroo e Khoon saz
3. Jame' + chives' juice
4. Imam Raza a. s's syrup

Lymph cancer

Lymphoma is cancer that begins in infection-fighting cells of the immune system, called lymphocytes. These cells are in the lymph nodes, spleen, thymus, bone marrow, and other parts of the body. When

you have lymphoma, lymphocytes change and grow out of control.

There are two main types of lymphoma:

1. Non-Hodgkin: Most people with lymphoma have this type.
2. Hodgkin

Non-Hodgkin and Hodgkin lymphoma involve different types of lymphocyte cells. Every type of lymphoma grows at a different rate and responds differently to treatment.

Treatment:

1. Daroo e balgham zadeh
2. Daroo e Turaifel
3. Daroo e Safa
4. Daroo e hazrat Muhammad s.a.w.w
   If the tumors are visible on the skin, then apply the paste of basil seeds and vinegar on it and wrap it up by any plastic wrapper overnight.

Lung Cancer

The abnormal growth of lung tissues damages the surrounding tissues of the lung. The lung cancer has nodule like structure. In this case patient suffers from cough, bloody phlegm, rhonchi, pain while breathing, weakness, face and neck swelling, shoulder and arm pain etc.

Cure:

1. Daroo e Kasham
2. Jame'+ fennel water
3. Daroo e Hazrat Muhammad s.a.w.w
4. Sikanjbin

Preventions:

1. Cold foods
2. Alcohol
3. Smoking
4. Food from outside

Liver Cancer

Treatment:

1. Daroo e Shafia + warm water
2. Fig syrup
3. Apply fig milk on the skin where the liver is
4. Qurs e khoon
5. Qurs e sabz
6. Murakkabe 1
7. Daroo e Safa
8. Senna flowers
9. Dua e Waram

Stomach Cancer

Treatment:

1. Murakkabe 2
2. Daroo e Safa
3. Jame'+ cumin water
4. Honey+ black seeds
5. Decocted mint

6. Pomegranate whole or paste
7. Dua e Waram

Burning of the stomach after meal

Treatment:

1. Jame'+ cumin water
2. Murakkabe 2
3. Murakkabe 1

Thyroid Gland Cancer

Treatment:

1. Daroo e Hazrat Muhammad s.a.w.w
2. Sawiq
3. Daroo e Turaifel
4. Daroo e Safa
5. Lamb's meat cooked in cow's milk
6. Dua e waram

Anal Cancer

Treatment:

1. Daroo e Safa
2. Daroo Turaifel
3. Qurs e khoon
4. Senna
5. Dua e Waram
6. Honey+ black seeds

Bladder Cancer

Treatment:

1. Murakkab e 3
2. Daroo e Safa
3. Daroo e Hazrat Muhammad s.a.w.w
4. Senna makki
5. 30 g royal jelly+ 500 g honey in the morning
   1 tsp +7 black seeds

Breast Cancer

Treatment:

1. Daroo e Safa
2. Daroo e Hazrat Muhammad s.a.w.w
3. Daroo e Turaifel

4. Senna makki + roses

Cheek Cancer

Cure:

1. Daroo e Shafia+ marjoram
2. Daroo e Safa
3. Daroo e Hazrat Muhammad s.a.w.w

Types of cancer, tumors, malignant and benign tumors

Medicines:

1. Daroo e Safa
2. Apple seeds
3. Daroo e Turaifel
4. Senna makki
5. Sesame oil+ violet
6. Sawiq e sinjid (Russian olives)
7. Daroo e ustukhwan saz

Pain after the removal of Cancerous Gland

Cure:

1. Daroo e Safa
2. Sawiq e Sinjid
3. Daroo e ustukhwan saz
4. Murakkabe 6
5. Senna makki
6. Daroo e Hazrat Muhammad s.a.w.w
7. Shafia+ carom water
8. Jame'+ carom water
9. Dua e waram

Skull Tumor

Cure:

1. Daroo e Safa
2. Daroo e Turaifel
3. Senna makki

Anal Tumor

Cure:

1. Daroo e Safa
2. Qurs e khoon
3. Senna makki

4. Sa'd e Koofi
5. Doseen
6. Jame'+ honey injection

Cysts

Cure for all types of cysts:

1. Daroo e Hazrat Muhammad s.a.w.w
2. Daroo e Safa
3. Bamboo manna

Medicines to take for the Visible cysts on the skin

1. Bamboo manna 20 g
2. Honey 2 tsp
3. Water 1 glass

(heat them all and drink it at night)

Medicines to apply on the visible cysts on the skin

1. Bamboo manna 20 g
2. Flax seeds
3. 1tsp honey

4. 2tsp grape vinegar
   (mix them all and form a paste and apply it on the cyst at night and remove it in the morning)

Stomach cyst

1. Bamboo manna 2 tsp
2. Black cumin 20 g
   (take 2 glasses of water and boil the cumin in it when it remains 1 glass then drain it and add bamboo manna in it and have it at night while going to bed)

Kidney Cyst

Cure:

1. Bamboo manna 20 g
2. Saddab 2 tsp
3. Radish 1 kg
   (boil 1 kg radish along rue in 3 glasses of water when it remains 1 glass then drain it and add bamboo manna in it and have it at bed time)

Cysts of Joints (under the Knee)

Cure:

1. Bamboo manna
2. Warm water 1 cup
   Mix them and have it at night

Breast cyst

Cure:

1. Bamboo manna 20 g
2. Fennel seeds 1 tsp
3. Anise 1 tsp

Boil fennel seeds and anise in 2 cups of water when it remained 1 cup drain it add bamboo manna and have it at night

4. Sawiq e adas

Larynx Cyst

1. Bamboo manna + ½ cup grape vinegar+ 1 tsp honey
   (eat 2 tsp of it and gurgle with it as well)

Testicular Cyst

Cure:

1. Bamboo manna 20 gr
2. Onion 500 gr

   Boil the onions drain it and add bamboo manna in it and have it t night

Lung Cyst

Cure:

1. Bamboo manna
2. Fennel seeds 2 tsp
3. Kasham 2 tsp

Boil lavage and fennel seeds in 2 cups of water when 1 cup remain drain it and add bamboo manna in it and have it at night

Head, neck and thyroid cyst

Cure:

1. Bamboo manna 20 gr
2. Marjoram 2 tsp
3. Saddab 2 tsp

Boil marjoram and rue in 2 cups of water when 1 cup remains drain it and add bamboo manna in it and have it at night

Gallbladder Cyst

Cure:

1. Bamboo manna
2. Senna makki 2 tbsp
3. Rose petals ½ tbsp

Boil Senna with rose for 10 mins and drain it then add bamboo manna and have it at bed time.

Legs (joints) Cyst

Cure:

1. Bamboo manna
2. Injedan e romi 2 tsp
3. Shaitraj 2 tsp

Boil shaitraj with Injedan romi in 2 cups of water and when it remains 1 cup then drain it

and add 20 g bamboo manna and drink it at night.

Liver Cyst or the Cyst between the liver and kidney

Cure:

1. Bamboo manna 20 g
2. Chicory 2 tsp
3. Saddab 2 tsp

Boil Saddab with chicory in 2 cups of water drain it when it remained 1 cup then add 20 g of bamboo manna and have it at night.

Tongue and neck Cyst

Cure:

1. Bamboo manna 20 g
2. Pomegranate Juice 1 glass

Mix them and have it at night

Uterus and Ovary Cyst

Cure:

1. Bamboo manna 20 gr
2. Daroo e azkhar

Mix and boil them for half an hour and add into a tub of water then the patient has to sit in that water for 20 mins his belly button should be in the water.

Medicine to take:

1. Bamboo manna 20 gr
2. Halon/ aserio 2 tsp

Boil halon in 2 cups of water and drain it when it remains 1 cup and add bamboo manna in it and have it at bed time.

Chalazion Cyst

Cure:

1. Bamboo manna 20 gr
2. Carrot Juice 1 glass

Mix them and have it at night

Spleen Cyst

Cure:

1. Chives juice 1 cup+ 20 gr bamboo manna at night

Bone Marrow Cyst

Cure:

1. Bamboo manna 20 g
2. Beetroot leaves ½ kg

Boil leaves in 5 cups of water and drain it when it remained 1 cup and add the bamboo manna and have it at night

Bone Cyst and Bone Marrow Cyst

Cure:

1. Bamboo manna 20 g
2. Russian olives 500 g
3. Russian olives' peel 250 g

Boil Russian olives in 4 cups of water drain it when it remains 1 cup then add bamboo manna in it and have it at night.

Underarms/armpit cyst

Cure:

1. Bamboo manna + fennel water
2. Daroo e Safa
3. Daroo e Turaifel
4. Daroo e Imam Ja'far e Sadiq a.s
5. Sawiq e Adas

Hair fall and weakness

Causes:

In men:

1. Very warm temper or weather
2. Phlegm
3. Yellow bile/choleric

If the hair fall occurs from the middle it is due to phlegmatic temper.

And if it occurs from the front it is due to yellow bile.

Causes in women:

1. Blood deficiency
2. Yellow bile/choleric
3. Phlegm
4. Cold
5. Taking bath at standing position
6. Use of shampoos and soaps containing chemicals

Cure:

1. At First, the causes should be eliminated
2. Daroo e Safra bar
3. Hollyhock shampoo
4. Organic and herbal shampoo
5. Jame'+ fig water
6. Surma e Asmad
7. Taqwiyat e Moo
8. Eat figs
9. Apply olive oil+ violet or almond oil

10. Smell the scents like rose, daffodils, fennel etc. it is better to apply it underneath nose
11. Have warm foods like walnuts and grape syrup
12. Apply gypsophila struthium oil on head
13. Henna+ chamomile boil them and apply that on head.

Alopecia Areata

Alopecia areata is a common autoimmune skin disease, causing hair loss on the scalp, face and sometimes on other areas of the body.

Causes in Tib e Islami:

1. Liver disorder
2. Blood impurity
3. Depression

Cure:

1. Murakkabe 1
2. Saaf kunandeh khoon
3. Sodabar
4. Taqwiyat e moo

5. Cuttlebone
6. Poosti malidani

Hair weakness

Cure:

1. Daroo e taqwiyat e moo
2. Massage with sesame oil + violet (daily for women and men twice a week)
3. Hollyhock shampoo
4. Sawiq e kamil
5. Daroo e Safrabar
6. Qurs e khoon
7. Pumpkin sweet
8. Raisins
9. Figs
10. Onions
11. Jame'+ fig water
12. Honey
13. Apples
14. Natural salt instead artificial salts

Preventions:

1. Avoid bath and combing hair while standing

2. Avoid shampoos containing harsh chemicals
3. Keep your head and hairs clean.

Hair fall during breast feeding

Cure:

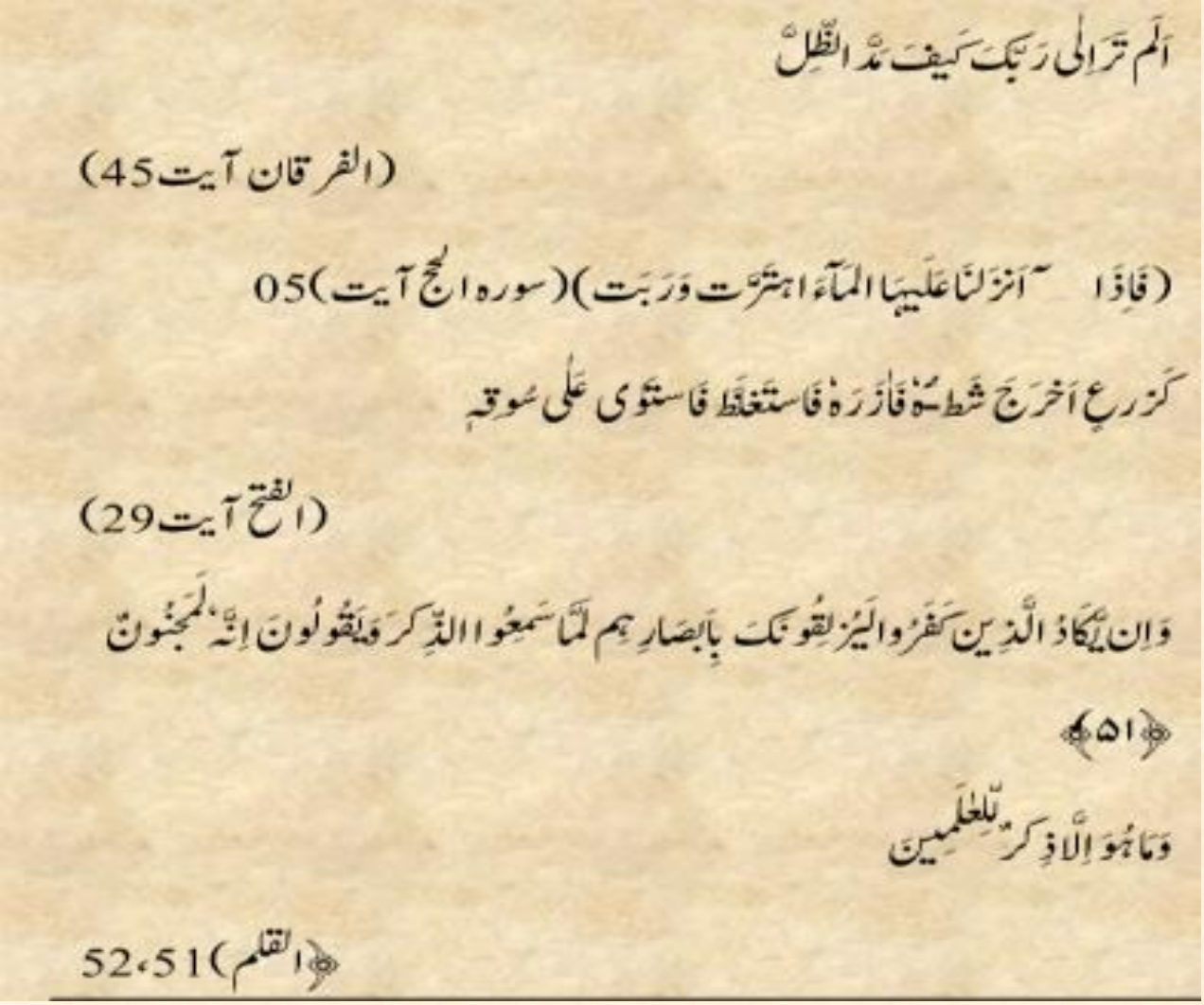
1. Qurs e khoon
2. Sawiq e Gandum o jo
3. Milk

Cure with Quran:

In case of severe hair fall

1. Recite this after every prayer 313 times with salawat in the beginning and at the end
الله البارى الكبير (Allah ul Bari ul Kabir)
(Nawaye Saliheen pg 334)
Recite the following verses 11 times after fajar prayer and blow into water and then drink it. (it is good for height growth, dense and long hairs and protects from evil eye as well)
(Nawaye Saliheen pg 334)

(It is tried and tested/author)



اَلَم تَرَ اِلٰی رَبِّکَ کَیفَ مَدَّ الظِّلَّ

(الفرقان آیت 45)

(فَاِذَا اَنزَلنَا عَلَیہَا المَآءَ اہتَزَّت وَرَبَت)(سورہ الحج آیت 05)

کَزَرعٍ اَخرَجَ شَطئَہٗ فَاٰزَرَہٗ فَاستَغلَظَ فَاستَوٰی عَلٰی سُوقِہٖ

(الفتح آیت 29)

وَاِن یَّکَادُ الَّذِینَ کَفَرُوا لَیُزلِقُونَکَ بِاَبصَارِہِم لَمَّا سَمِعُوا الذِّکرَ وَیَقُولُونَ اِنَّہٗ لَمَجنُونٌ

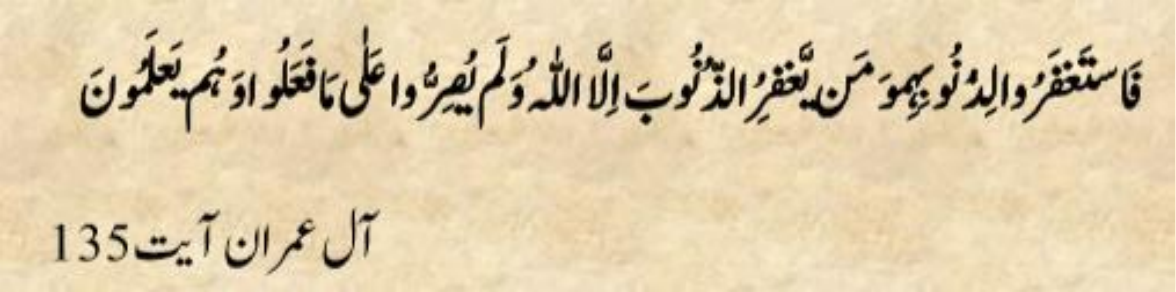
﴿۵۱﴾

وَمَا ہُوَ اِلَّا ذِکرٌ لِّلعٰلَمِینَ

﴿القلم 52،51﴾

For dense beard and hairs

Recite following verse 3times with durood at start and at the end and caressed with fingers between hairs.


فَاسْتَغْفَرُوا لِذُنُوبِهِمْ وَمَنْ يَغْفِرُ الذُّنُوبَ إِلَّا اللَّهُ وَلَمْ يُصِرُّوا عَلَىٰ مَا فَعَلُوا وَهُمْ يَعْلَمُونَ

آل عمران آیت 135

(Majma' uda'wat)

Narrations:

Prophet PBUH said:

1. The most beauty is in your hair and voice.
   (Usool e Kafi vol 2 pg 615)
2. Apply henna to your hairs. It strengthens eyesight, grows hair and eliminates sadness.

   (Usool e Kafi vol 6 pg 483)
3. Use tusk (elephant teeth) comb to strengthens your hair.

   (Tib ul Mustafa)
4. Maswak enlightens the eyes. Strengthens the hair and cures eye tear.

5. Whoever has long hairs should take care of them or cut them.

(Usool e Kafi vol 6 pg 144)

6. Remove your armpit hair and do not let them be long because it becomes the devil's shelter.

(Bihar ul Anwar vol 76 pg 91)

Imam Ja'far e Sadiq a.s said:

1. Apply Surma e asmad into your eyes it strengthens your eyesight and grows hair.

(Al Kafi vol 6 pg 494)

2. Surma e Asmad strengthens eye sight, grow lashes and eliminates tears falling from eye.

(Usool e Kafi vol 8 pg 170)

3. Trim your hair frequently it feels you lighter, prevents dirt in them, strengthens

neck, brighten up the eyes and give comfort to the body.

(Usool e Kafi vol 8 pg 139)

4. Imam often used Noorah in bath in in underarms.

(Usool e Kafi vol 8 pg 208)

Imam Ali Raza a.s said:

1. Eat figs it strengthens bones and hair.

(Mahasin vol 2 pg 554)

2. Use Maswak e arak it brightens your eyes and strengthens hair.

(Makarim ul Akhlaq pg 50)

3. Combing hair in bathroom causes hair fall disease.

(Makarim ul Akhlaq vol 1 pg 165)

Imam Musa e Kazim a.s said:

1. Wash your hair with hollyhock on Friday it makes hair shiny and strong, eliminates poverty and is the tradition of the prophets.

(Bihar ul Anwar vol 73 pg 88)

Preventions:

1. Taking bath while standing
2. Cold foods
3. Combing at night
4. Depression

White hair

Causes:

1. Depression and stress
2. Mood disturbance
3. Phlegm
4. Blood deficiency

Cure:

1. Cure the causes

2. Daroo e Sodabar in case of depression
3. Daroo e balgham zadeh in case of phlegmatic condition
4. Qurs e khoon in case of blood deficiency
5. Eat 3 Black myrobalan three times a day, if Bakr olive oil is mixed with it the benefits will be more
6. Women should Use Wild olive oil daily at night on hair and men twice in a week.
7. Daroo e taqwiyat e moo
8. Surma e Asmad
9. Figs
10. Violet oil
11. Daroo e Turaifel
12. Daroo e balgham zadeh
13. Chamomile
14. Boil Henna for 20 mins and apply on hair 2 hours before taking bath (Tib e Sunnati)
15. Apply Black seed oil twice in a weak 2 hours before taking bath (Tib e Sunnati)

Other beneficial tips:

1. Boil black henna + normal henna for about 20 mins and then apply it into hair it is beneficial for white hairs.
2. Sawiq e Gandum
3. Coconut oil
4. Gooseberry oil
5. Long peppers

Preventions:

1. Don’t comb hair while standing
2. Don’t comb at night
3. Don’t comb in bathroom
4. Don’t comb your hair in negative direction
5. Don’t use sharp nip comb
6. Fingers should not be touched to the hairs while combing
7. Cure phlegm
8. Cold foods

Greasy Hair

Greasy hair is the result of overactive sebaceous glands, which are producing too much sebum. Although sebum benefits the hair, keeping it healthy, smooth and preventing it from drying out and breaking, too much can cause the hair to look slick and greasy. An excessively oily scalp can also be a nuisance and is related to outbreaks of dandruff.

Cure and treatment:

1. Hollyhock shampoo
2. Myrtle shampoo
3. Power boo bad araq

Dandruff

Dandruff is a common scalp condition in which small pieces of dry skin flake off of the scalp. The flakes in hair or on shoulders are easily visible. Dandruff may also make scalp itch. It is

also considered as an infection. It causes two tips hair and damages the hair.

Cure in Tib e Ahlebait a.s:

1. Hollyhock shampoo
2. Olive oil+ violet
3. Sabun e shami

imam Baqir a.s suggested a person who complained about dandruff to take his dandruff and mix it with some vinegar and beat it to form a foam then wash his head and beard with it and then apply some fresh sesame oil.

(Tib ul Aimma a.s pg 79)

Head louse

Cure:

1. White holly hock shampoo
2. Washing hair with beetroot leaves water

Other treatments and medicines for hair:

1. Natural shampoo
2. Mujiza rizesh e Moo
3. Herbal shampoo 5
4. Safedi moo
5. Hollyhock flower
6. Myrtle shampoo

Addiction to drugs

Take 2 to10 peganum harmala leaves and stems. And add its seeds in it then eat it 1 tsp in the morning and at night. It can be used when temptation is triggered.

Medicines:

1. Daroo e Far' sama
2. Daroo e Aftimoon
3. Jame'+ anghoza/asafetida water
4. Cupping

Temperament survey

The elements on which human life depends are fire, dust, air and water

Fire --- The fire is dry and warm.

The wind is wet and warm.

Soil (Earth) --- is cold and dry.

Water is cold and wet.

In terms of these four temperaments, the human body is divided into four parts. head, chest, middle part of the body, lower part of the body (head, mouth, nose, ear, eye) These are in the part of the blood. The chest is related to sputum. The middle part of the body is related to the bile. The lower part of the body is related to the black bile.

Imam Ja'far e Sadiq a.s said:

1. Four things are beneficial for all types of temperament and bring them in moderation.
   a. Dates
   b. Chicory

c. Violet oil
d. Pomegranate

(Al Khisal vol 1 pg 249)

Imam Ali Raza a.s said:

1. There are 4 signs of blood dominance in the body
a. Itching
b. Breakouts/ pimples
c. Sleepiness
d. Dizziness

(Al Khisal pg 511)

2. Allah has created man with Four temperaments. Blood, sputum, bile and melancholy. Two of them are warm and another two are cold.
They are the guarantors of the survival of the human body. Those which are warm are dry and lenient and the cold ones are wet and dry.

Melancholic/ Black Bile (cold and Dry)

Symptoms:

1. Dry temper
2. Thoughts 90
3. Dark skin
4. Dark color of Urine, feces, under the eyes, tongue, and blood
5. Freckles (Cliff, black spots)
6. Stress
7. Fear
8. Psychiatric disorders
9. Thoughts (negative thoughts)
10. Nightmares (Dreams)
11. Always talk to himself
12. Clumpy menstrual blood
13. Arterial stenosis (dryness of the veins and severe stiffness)
14. Heartbreak
15. Mouth can be smelly and salty
16. Darkness of the eye (opacity) Darkness (not visible at night, dark at night)
17. Spleen enlargement

18. Honorable, polite, well advised, Eligible personality
19. Dry skin
20. Hairiness

From 35 to 60 black bile governs the body

Cure with Food;

1. Senna leaves
2. Pomegranate
3. Honey
4. Fruit
5. Corinth raisins
6. Egg plants
7. Vinegar
8. Sathoo/ sawiq
9. Lamb's meat
10. Water
11. Russian olives
12. Jojoba
13. Olive oil
14. Basils, chives
15. Figs
16. Mulberries

17. Cardamom
18. Cinnamon
19. Ginger

Medicines:

1. Murakkabe 1 (ibn e Bastham)
2. Aftimoon
3. Besfayij
4. Shafia (of 10 months, 11 months and 40 days)

Healing Treatment:

1. Combing back of the head
2. Venesection
3. Vomiting
4. Norah
5. Honey with finger early in the morning
6. Cutting nails
7. Adding warm and wet food to diet

Preventions:

1. Cow's meat
2. Cold scents
3. Beetroot
4. Beetroot sugar

5. Goat meat
6. Eating beetroots
7. Sleeping while sun is rising
8. Looking at ugly things or an ugly woman
9. Cold and dry temper food
10. Chicken
11. Fish
12. Frozen foods

Choleric/Yellow Bile (warm and Dry)

Symptoms:

1. Warm body
2. Anger
3. Yellowish face, eyes, tongue, stool, and cupping blood
4. Body dryness and warmness
5. Stubborn and not obedient
6. Inner fever
7. Fatigue (especially in the morning)
8. Hair fall at youth
9. Less appetite
10. Yellowish or greenish puke
11. Feeling hot and warm

12. Liver diseases
13. Sweating, hands and feet sweating
14. Thirst
15. Internal stress and disturbance
16. Migraine
17. Mental disorders
18. Spleen growth
19. Bad breath
20. Bitter mouth
21. Sleep disorders

Usually from the age of 15 to 35 it governs the body

Treatment with food:

1. Senna leaves+ rose
2. To cure thirst, have Senna with dates water
3. Fresh plums
4. Chicory
5. Purslane
6. Fumitories (shah Tara)
7. Luke warm water early in the morning
8. Cold water
9. Mullayin (which treats constipation)

10. Lamb
11. Pears
12. Vinegar
13. Olive oil
14. Raisins, Corinth raisins
15. Pomegranate before and after cupping and venesection
16. Beetroot leaves
17. Pumpkin, zucchini
18. Lettuce
19. Grilled fish after cupping
20. Honey
21. Barberries
22. Wet temper fruits (sweet pomegranate, cucumber, pear, plums, apple, cherries, grapes and carrots)
23. Sawiq of Lentils, barley and wheat (dry early in the morning)
24. Sour foods (vinegar, pickles etc.)
25. Fish (not from farm)
26. Plantago major
27. Cassia fistula

Medicines in Tib:

1. Ibn e Bastham
2. Ahlilaj
3. Turaifel
4. Shafia of 3 months + honey
5. Besfayij
6. Shafia 40 days or 8, 10 months' old

Healing Treatment:

1. Wind passage
2. Standing straight
3. 1 finger of honey with cold and frankincense
4. Intercourse/copulation
5. Less work
6. Looking at whom he likes
7. Combing with the comb made of elephant tusk
8. Rest
9. Taking bath after meal
10. Playing with water
11. Vomit

Preventions:

1. Fatty meat

2. Artificial scents and perfumes
3. Dry and warm temper foods
4. Frozen foods
5. Pressure cooked food
6. Eating Hot served meal

Sanguine/blood temperament (warm and wet)

Symptoms:

1. Acne (especially between two shoulders)
2. Body itching
3. Redness of face, underneath eyelashes, tongue, urine, stool and cupped blood)
4. Sleepiness
5. Frequent Yawning
6. Sensitivity to weather change or any food
7. High blood pressure
8. Numbness of hands and feet
9. Feels like insects are crawling on the skin
10. Gums bleeding
11. Face redness due to blood dominance
12. Sweet and sticky saliva
13. Warmness of upper layer of the body
14. Affection to Adultery

This temperament exists till first 15 years.

Cure with food:

1. Sawiq e adas
2. Dried pear
3. Lettuce and its seeds
4. Fried meat
5. Taking bath with cold water
6. Beetroot leaves
7. Dried plums
8. Chicory
9. Plantago major
10. Sweet pomegranate
11. Cold temper fruits
12. Apples
13. Cucumber
14. Mulberries
15. Barberries
16. Jojoba/ red dates
17. Barley soup
18. Zucchini
19. Imam Raza a.s syrup
20. Honey early in the morning

Medicines:

1. Ibn e Bastham
2. Daroo e Saaf kunandeh khoon
3. Tabigh

Healing treatment:

1. Cupping
2. Washing with cold water
3. Venesection
4. Having fresh fish meat after cupping
5. Smelling of flowers
6. Blood donation changing
7. Charity especially on Tuesday
8. Eating of foods and herbs which causes motion
9. Intercourse

Preventions/avoidances:

1. Liver and other organs of animals
2. Dried and salted meat
3. Warm and wet temper food
4. Overeating
5. Eating in hurry
6. Hunted meat

Phlegmatic (cold and wet)

Symptoms:

1. Phlegm in throat
2. Excess saliva and drooling while sleeping
3. Tasteless saliva
4. Weak intention
5. Weak memory
6. Affection to loneliness
7. Poor spirited
8. Weak eyesight
9. Weak ears
10. Coldness of body
11. Dull and saggy skin
12. Cold hands and feet
13. Hair fall and white hair problem
14. Overweight and motion less
15. Bloating
16. Fatty face and body
17. Joint rheumatism
18. Paralysis
19. Stomach and side pain

it governs the body from 60 to above

cure by food:

1. One finger honey early in the morning
2. Olive oil
3. Black seeds
4. Rain water and spring rain water
5. Surma
6. Frankincense
7. Raisins, Corinth raisins
8. Apples
9. Radish
10. Red radish
11. Cumin
12. Origanum vulgare
13. Have dry Barley and wheat sawiq early in the morning
14. Warm water early in the morning (boil water and cool down it then drink it gradually))
15. Jaggery
16. Barni and Ajwa dates
17. Onions
18. Carrots
19. Kohlrabi
20. Pumpkin sweet

21. Chives
22. Meat (pigeon, camel and sparrow)
23. Sweet fruits
24. Turnip

Medicines:

1. Sa’
2. Asaroon
3. Daroo e Imam Sadiq a.s
4. Besfayij
5. Turaifel
6. Ibn e Mas’ood
7. Shafia 40 days’ old
8. Shafia one-month old
9. Shafia 3-months old
10. For rotten and old phlegm have shafia of 19 months’ old
11. Hazoom
12. Maswak
13. Thyme

Healing treatment:

1. Miswak (stick of salvadora persica)
2. Fasting

3. Recitation of Holy Quran
4. Combing of hair, do not use plastic combs but with elephant tusk's comb, if not possible then use wooden comb
5. Sitting in sunlight
6. Bath in early morning (swimming pool)
7. Maswak early in the morning
8. Yellow myrobalan, mustard seeds, anacyclus pyrethrum twice in a week
9. Applying Surma
10. Intercourse/ copulation
11. Massage with oil
12. Eat less
13. Drink less
14. Add Dryness and warmness

Preventions:

1. Fish
2. Filthiness
3. Cold and wet food
4. Cold temper vegetables
5. Salt
6. Over drinking of water
7. Water during meals

8. Cow's and goat meat
9. Ice water
10. Salad
11. Sleeping after meal

Gastric temper

Eating or drinking is enough to make gas in the stomach. When a person eats or drinks something, he also swallows a small amount of air with it, which is excreted by the body in the form of belching or in the form of gas which enters the intestines and is excreted in the form of air
That is a natural reaction of the digestive system when we eat anything the bacteria in the stomach change them into different gases which is excreted by the body.

Symptoms:

1. Excessive sneezing
2. Body ache from one part to another
3. Loss of hands and feet flexibility
4. Hands and feet numbness
5. Joint pain

6. Head and shoulder itching
7. Weakness of four tempers
8. Face curvature or paralysis
9. Separate and disorderly teeth
10. Ringing of the ears
11. Menstrual period disturbance
12. Piles
13. Spreading of gas in body parts

Food therapy:

1. Have once in a week fried garlics in olive oil as a meal
2. Radish leaves
3. Honey
4. Spring rain water
5. Plum in small amount
6. Basil seeds before and after meal (1 tsp)

Medicines in Tib:

1. Ibn e Bastham
2. Shafia of 15 months
3. Imam Raza's syrup
4. Purslane
5. Hub ul balsan

6. Murakkabe 3
7. Walnut +carom (at night)
8. Fig and fenugreek decoction
9. Thyme
10. Ma'joon e rih

Healing Treatment:

1. Reciting hoqla zikr 7 times after fajar and Maghreb's prayer
2. Apply henna on head and body
3. Not closing mouth during sleep
4. Sitting back to the sun which causes sneezing
5. Kandosh+ black seed sa'ooth (sa'ooth of ambergris, lily which are mixed with violet +sesame oil is more beneficial)
6. Massaging with olive oil (whole body)
7. Haqna (imalah)
8. Fomentation with hot water

Preventions and avoidances:

1. Eating plums

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